

# College of Public Health News

November 6, 2015

Georgia Southern University

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## Georgia Southern Examines the Impact of Health Behaviors

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College students often engage in a wide range of health-risk behaviors that influence their physical, mental and social health status. The purpose of the study was to examine the impact of these behaviors on perceived physical, mental and social health status among college students.

A total of 3,094 students from multiple universities across the university participated in a 28-item questionnaire which assessed health, physical activity, nutrition, sleep, alcohol and tobacco usage and demographics.

Results from the study showed that engaging in health behaviors had a significant positive impact on both perceived physical and mental health status of participants. Physical activity and nutrition appeared to have the greatest influence on all three health status ratings, illustrating the importance of physical activity and nutrition in lifestyle behavior interventions in order to impact individuals' health status.

"The Impact of Health Behaviors on Perceived Physical, Mental and Social Health Status among College Students" is published in The Georgia Association for Health, Physical Education, Recreation and Dance Journal.

Dr. Bridget Melton and Dr. Kristen Chandler are Associate/Assistant Professors of Health and Kinesiology at Georgia Southern University (GSU), with Dr. Melton as the lead author. Dr. Jared Russell, associate professor at Auburn University, Dr. Helen Bland, professor of Community Health Behavior and Education at the Jiann-Ping Hsu College of Public Health GSU, Dr. Kevin Casebolt, professor at East Stroudsburg University, were co-authors. Ms. Jazmin Williamson is a MPH student in Epidemiology at the Jiann-Ping Hsu College of Public Health.

## Georgia Southern Examines Factors Driving LHDs Partnerships

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The objective of the study was to describe levels of partnership between local health departments (LHDs) and other community organizations in maternal and child health (MCH), communicable disease prevention, and chronic disease control and to assess LHD organizational characteristics and community factors that contribute to partnerships.

Data were drawn from the National Association of County & City Health Officials' 2013 National Profile Study (Profile Study) and the Area Health Resources File. LHDs that received module 1 of the Profile Study were asked to describe the level of partnership in MCH, communicable disease prevention, and chronic disease control. Levels of partnership included "not involved," "networking," "coordinating," "cooperating," and "collaborating," with "collaborating" as the highest level of partnership. Covariates included both LHD organizational and community factors. Data analyses were conducted using Stata 13 SVY procedures to account for the Profile Study's survey design.

In conclusion about 1 in 5 LHDs did not have any partnerships in chronic disease control. LHD partnerships should be promoted to improve care coordination and utilization of limited health care resources. Factors that might promote LHD's partnerships include having a public health physician on staff, higher per capita expenditure, and completion of a community health assessment. Community context likely influences types and levels of partnerships. A better understanding of these contextual factors may lead to more complete and effective LHD partnerships.

["Factors Driving Local Health Department's Partnerships with Other Organizations in Maternal and Child Health, Communicable Disease Prevention, and Chronic Disease Control"](#) is published in the Journal of Public Health Management Practice.

Dr. Luo, Department of Public Health, Brody School of Medicine was the lead author. Dr. Winterbauer and Ms. Tucker, Department of Public Health, Brody School of Medicine, Dr. Gulzar Shah, Associate Dean for Research Jiann-Ping Hsu College of Public Health Georgia Southern University and Dr. Xu, Department of Health Education and Promotion, East Carolina University were co-authors.